

## Central West Self-Management Program Health Care Provider Professional Development October 2017 – March 2018

**Choices and Changes** is a half day workshop designed to help clinicians become more effective in supporting clients on their journey to improve lifestyle choices and self-management of their chronic conditions. The workshop consists of mini-lectures, interactive exercises, videotaped case studies and skill practice with peers to provide clinicians with **specific and efficient communication strategies** that can be utilized to support client-centered care. At the end of the workshop, participants will be able to:

- Identify strategies to assess an individual’s motivation and readiness for change
- Learn skills and techniques to help influence client behaviour

Workshop	Date	Time	Location
<b>Choices and Changes</b>	October 19, 2017	8:30am - 12:30pm	Etobicoke General Hospital
<b>Choices and Changes</b>	October 26, 2017	8:30am – 12:30pm	Orangeville
<b>Choices and Changes Primer</b>	November 15, 2017	12:00pm – 1:00pm	Peel Memorial Centre
<b>Choices and Changes</b>	December 1, 2017	8:30am - 12:30pm	Brampton Civic Hospital
<b>Choices and Changes</b>	January 11, 2018	12:30pm – 4:30pm	Brampton Civic Hospital
<b>Choices and Changes</b>	January 16, 2018	12:30pm – 4:30pm	Etobicoke General Hospital
<b>Choices and Changes Primer</b>	February 7, 2018	12:00pm – 1:00pm	Peel Memorial Centre
<b>Choices and Changes</b>	March 2, 2018	8:30am - 12:30pm	Brampton Civic Hospital

**Brief Action Planning (BAP)** is offered as a half day workshop followed by a 1 hour Practice and Feedback session. BAP is a tool composed of a series of **3 questions and 5 skills** used to **facilitate patient goal setting and action planning** within the limited time available for appointments and interventions. BAP is designed to help patients experiencing ambivalence and/or low confidence to set achievable action plans.

Workshops	Date	Time	Location
<b>Brief Action Planning</b>	November 7, 2017	8:30am - 12:30pm	Brampton Civic Hospital
<b>Brief Action Planning</b>	November 9, 2017	8:30am – 12:30pm	Orangeville
<b>Brief Action Planning</b>	November 23, 2017	8:30am - 12:30pm	Etobicoke General Hospital
<b>Brief Action Planning Primer</b>	November 29, 2017	12:00pm – 1:00pm	Peel Memorial Centre
<b>Brief Action Planning</b>	December 15, 2017	8:30am - 12:30pm	Brampton Civic Hospital
<b>Brief Action Planning</b>	February 6, 2018	12:30pm – 4:30pm	Brampton Civic Hospital
<b>Brief Action Planning</b>	February 15, 2018	12:30pm – 4:30pm	Etobicoke General Hospital
<b>Brief Action Planning Primer</b>	February 21, 2018	12:00pm – 1:00pm	Peel Memorial Centre
<b>Brief Action Planning</b>	March 23, 2018	8:30am - 12:30pm	Brampton Civic Hospital

Practice and Feedback Sessions	Date	Time	Location
<b>BAP - Call</b>	November 1, 2017	12:00pm – 1:00pm	Teleconference Call-In
<b>BAP - Call</b>	February 7, 2017	9:00am – 10:00am	Teleconference Call-In

### Motivational Interviewing

Workshops	Date	Time	Location
<b>The Art of Reflective Listening</b>	November 30, 2017	9:00am- 12:00pm	Brampton Civic Centre N.LL.708
<b>Discussing The Benefits of Change: Skills to Elicit Change Talk</b>	November 30, 2017	1:00pm – 4:00pm	Brampton Civic Centre N.LL.708

### Workshop Registration:

Email us at [cdsm@williamoslerhs.ca](mailto:cdsm@williamoslerhs.ca)

Or Call us at 905-863-2574 or 1-844-643-7393

Or Online at [www.cwselfmanagement.ca](http://www.cwselfmanagement.ca)

***Workshops can also come to your health service organization and team!***